

SOUTHERN AFRICA

FOREVER

LIVING PRODUCTS



YOUR HEALTH AND WEALTH MAGAZINE

Issue 90

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**SOCIAL MEDIA:
Pinteresting
Stuff**

**Forever
Changing
Lives**

**DISTRIBUTOR
TESTIMONIAL**

**Positive
lifestyle
changes with
Clean 9**

Tsungai and Paradzai Gumbo

by Aleem Chhaya



SINGAPORE 2015 GLOBAL RALLY

The Global Rally is unquestionably one of the most momentous and exciting events ever to feature in the Forever calendar. With thousands of Distributors joining together from around the world, the Global Rally celebrates and recognises the achievements of the Forever Global community.

19-27 APRIL

www.foreverglobalrally.com



FOREVER

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ISSUE 88

A PUBLICATION OF FOREVER LIVING PRODUCTS - SOUTH AFRICA

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Small Victories leading to **Big Success**

It's FOOTBALL season. No, we don't mean the "soccer" type of football. We mean the American Football type of football. It's a great time to be in the USA, with all the excitement and competition that is on display.

Years ago, iconic American Football coach Vince Lombardi, gave one of the most motivating speeches in

sporting history: A Game of Inches. In referencing Football, Lombardi said, 'Life is a game of inches.' What lies ahead of you might seem like a daunting task, but inch-by-inch, greatness can be achieved. I know sometimes that we can be disappointed by small gains as we are always chasing larger victories. In my observation, greatness and success are a series of inches that

are gained. Not miles, but inches. I am not talking about mediocrity, but instead consistent and conscious improvement. Qualifiers of past FOREVER incentives will tell you that each moment of each day played a role in their successes. They worked hard and did not expect the road to success to be easy, but through the small everyday victories, they were able to conquer something that they initially thought was impossible.

Move Mountains

Confucius said, "The man who moves mountains begins by carrying away small stones". Every top Distributor started at the bottom. I am sure that they were told 'no' as they tried to share the opportunity and felt discouraged when they didn't quickly achieve their goals. But they all have something else in common...they persevered. Remember, every time you fail, you learn how to take one step closer to victory.

How close are you to your goals? Aim high, trust me, you will not regret it. Set regular goals – how many people will you need to share the opportunity with each week to qualify? When you break down a large goal into smaller milestones, you will be surprised at how manageable greatness can become.

To those of you who have already qualified, congratulations! What goal can you achieve next? It does not matter where you are in the marketing plan, each battle can be won, inch by inch and each mountain can be moved, stone by stone. Have faith in yourself and believe in your goals.

Forever Yours,



Rex Maughan

Chairman of the Board & CEO

A Game of Inches.

In referencing Football, Lombardi said,

'Life is a game of inches.'

What lies ahead of you might seem like a daunting task, but inch-by-inch, greatness can be achieved.

Be Like an Ant ...

Have you ever watched ants?

Little ants are rather admirable. They have the ability to target exactly where they are going and they find a way to get there. You can see them walk in a line towards their Goal. But if you place a block between them and the Goal, do they decide that this obstacle is too large to overcome and do they turn back? No...it doesn't matter what you try to do to block their path, they find a way! They will go over, under or around until they accomplish their mission. Ants are relentless and unstoppable.

That's the way Networkers have to be. Set your Goal, and then be like an ant. Determination is the common characteristic of all Top Earners in Network Marketing. Every Millionaire got there with a dedicated work ethic.

They kept their heads down and moved forward. Ants don't seem to get upset when you try to block their path. They don't even slow down. They just keep moving forward until they succeed.

So can you!

Develop an ant mentality... and nothing will stop you!

Have a great month!

Best Regards,

Rick and Eve

Country Managers
(Southern Africa)



DISTRIBUTOR MOVE UPS



RECOGNITION



SENIOR MANAGERS

AUGUST 2014



Grace & Brian Kanyongo • Gauteng



MANAGERS

Achieved by reaching 120 CCs
in 1 or over 2 consecutive months
(full details in Company Policy)

AUGUST 2014



Linda & Gilbert Chisvo • Gauteng



Naphey & Winnie Mosenye • Gauteng



Anneline Steyn • Gauteng



Magdeline Koketso & Hans Beyerler
Gauteng



Zama & Bandlakazi Siziba
Eastern Cape



Beatrice & Alexander Tapfumaneyi
Zimbabwe



Maria Obede & Alexandre Juenta • Mozambique

SOUTH AFRICA

Mthethwa, Sicelo • Gauteng

Nyamariwata, Shakespear & Linda • Gauteng

Thibela, Mmapitsi & Robert • Gauteng

Tshabalala, Dumisane & Busika, Noluthando • Gauteng

Hlengwa, Zasembo & Khayelihle • Kwa-Zulu Natal



ASSISTANT MANAGERS

Achieved by reaching 75 CCs
in 1 or over 2 consecutive months
(full details in Company Policy)

AUGUST 2014

SOUTH AFRICA

Baloyi, Thandi • Gauteng
Bora, Natasha & Fohn • Gauteng
Dlamini, Lungile & Mlungisi • Gauteng
Joseph, Loveness & Sithole, Collens • Gauteng
Kumalo, Shadrack & Mncube, Sakhile • Gauteng
Legemo, Dewet & Lembebo, Petros • Gauteng
Mabuza, Tryphina & Baby • Gauteng
Madzanise, Moline & Mbweru, Justice • Gauteng
Mazibuko, Nhlanhla & Lorraine • Gauteng
Mbatha, Zandile • Gauteng
Mbatha, Nokuthula • Gauteng
Mbiza, Ruth & Malibaki, Sam • Gauteng
Mbodi, Eric & Maureen • Gauteng
Mntambo, Lindelani & Maqwara, Nonceba • Gauteng
Moloisane, Mary & Seth • Gauteng
Moshoeu, Margret & Joseph • Gauteng
Mthembu, Matshidiso • Gauteng

Ngwenya, Ellen • Gauteng

Ramatseba, Motsatsi & Kgaladi, Bolwang • Gauteng

Samuriwo, Zvemwaimboti & Ngoni • Gauteng

Sibanda, Britto & Boroma, Marvelous • Gauteng

Tsolele, Tsepang & Chakela, Isaac • Gauteng

MOZAMBIQUE

Chongo, Miseria & Zucula, Antonio

Faquir, Fatima & Uchaio, Issac

Machaieie, Soares & Lurdes

NAMIBIA

Hitoto, Ndelipewa

Nghimwenavali, Maria

ZIMBABWE

Pazvakavambwa, Betty & Simon



SUPERVISORS

Achieved by reaching 25 CCs
in 1 or over 2 consecutive months
(full details in Company Policy)

AUGUST 2014

SOUTH AFRICA

Bokana, Lindiwe • Eastern Cape
Chithashe, Nomboniso • Eastern Cape
Fana, Cynthia • Eastern Cape
Mcinga, Lusanda • Eastern Cape
Mkabile, Nomthamsanqa • Eastern Cape
Ntayi, Mcebisi • Eastern Cape
Stofile, Sindiswa & Archibald • Eastern Cape
Mogapi, Baile • Free State
Mokatsane, Lebogang • Free State
Adams, Musah & Musah Adams, Sibongile • Gauteng
Badenhorst, Naomi • Gauteng
Baloyi, Mary • Gauteng
Brihane, Alemu • Gauteng
Chimbwanda, • Gauteng
Dlamini, Lekoa • Gauteng
Fakudze, Sandile & Nkosi, Thabisile • Gauteng
Faresso, Masele • Gauteng
Gebre, Alemayehu • Gauteng
Kekana, Boikanyo & Lindiwe • Gauteng
Kekana, Brigidi & Haydon • Gauteng
Kgaswane, Rachel • Gauteng
Khosana, Aletta • Gauteng

Kibitoe, Cyril & Shantelle • Gauteng

Korf, Carla & Hendrik • Gauteng

Langa, Lwazi • Gauteng

Latlhaka, Moipegi & Mmahou • Gauteng

Ledwaba, Lesiba • Gauteng

Legong, Valencia & Isaac • Gauteng

Lekgetho, Thabo & Priscilla • Gauteng

Lekgowane, Zodwa & Sellion • Gauteng

Louw, Nelie • Gauteng

Mabaso, Thembekile & Stephen • Gauteng

Mabelane, Balisi & Tumelo • Gauteng

Mabelane, Winnie & Katlego • Gauteng

Madiba, Dineo & Mankgotha • Gauteng

Maema, Fatima & Samuel • Gauteng

Maetsa, Maudi • Gauteng

Mafabatho, Thapelo • Gauteng

Magwai, Samuel & Johanna • Gauteng

Mahuntse, Norman & Gugulethu • Gauteng

Makgoka, Lebogang • Gauteng

Malinga, Lerato • Gauteng

Manamela, Suzan & Machakela, Lebohlang • Gauteng

Maphalala, Busisiwe • Gauteng

Maringa, Virginia & Lennard • Gauteng



SUPERVISORS

Achieved by reaching 25 CCs
in 1 or over 2 consecutive months
(full details in Company Policy)

AUGUST 2014

Mashao, Adelaide • Gauteng
Matebula, Fiona & Solly • Gauteng
Maya, Sikhanyisiwe & Bekani • Gauteng
Mbhele, Millicent & Vincent • Gauteng
Mkhabela, Maggie • Gauteng
Mkhize, Bisiwe • Gauteng
Mogajane, Thelma & Makoeng, Tshose • Gauteng
Mojapelo, Pearl • Gauteng
Mokgabudi, Regina & Batseba • Gauteng
Mokgopha, Janet & Lethabo • Gauteng
Mokwena, Gloria • Gauteng
Molala, Sana & Peter • Gauteng
Moloi, Adelaide • Gauteng
Motau, Sthembile • Gauteng
Motlanthe, Monepi & Mamsy • Gauteng
Mukansi, Mkatoko & Makhubela, Yingisani • Gauteng
Mulaudzi, Livhuwani • Gauteng
Mungoni, Aluwani & Thantamiso, Babalwa • Gauteng
Mungwane, Noncedo & Lwandle, Ntokozo • Gauteng
Muzanamombe, Norman & Priscilla • Gauteng
Ndhlovu, Zanele & Mkhize, Robert • Gauteng
Ngubane, Qambeshilo • Gauteng
Nkavele, Tryphina & Gordon • Gauteng
Nkopane, Mampho • Gauteng
Ntshiba, Dumisani & Luntinto, Thuliswa • Gauteng
Ntshudisane, Kabelo • Gauteng
Ntshudisane, Hellen • Gauteng
Paledi, Paulina & Janji • Gauteng
Phatlane, Mahlageng • Gauteng
Phenduka, Bongiwe & Daka, Nkosinathi • Gauteng
Phofele, Sophie & Tyhabo • Gauteng
Qotwani, Mmakhantsi & Sam • Gauteng
Rae, Eleanor & Lyndon • Gauteng
Rapopdile, Mpho & Nonkoliso • Gauteng
Sambo, Elizabeth & Michael • Gauteng
Seboko, Segomotso • Gauteng
Sibanda, Nokuthaba • Gauteng
Steyn, Octavian • Gauteng
Swanepoel, Elizabeth • Gauteng
Tachi, Emmanuel & Taisai • Gauteng
Thankge, Bathi & Clarah • Gauteng
Zazini, Nomlibaziso & Nokuthula • Gauteng
Zikalala, Celiwe • Gauteng
Dlamini, Paulos & Nonkululeko • Kwa-Zulu Natal
Dlomo, Happiness • Kwa-Zulu Natal
Gxabu, Linda & Evelyn • Kwa-Zulu Natal
Khumalo, Lungisile & Bandile • Kwa-Zulu Natal
Mbatha, Nondumiso • Kwa-Zulu Natal
Mbongela, Balungile • Kwa-Zulu Natal
Mngoma, Ntombizodwa • Kwa-Zulu Natal

Msane, Hlengiwe • Kwa-Zulu Natal
Ndebele, Zuziwe & Richman • Kwa-Zulu Natal
Ngcobo, Mangaka • Kwa-Zulu Natal
Nkombi, Vuyolwethu • Kwa-Zulu Natal
Phakathi, Samukelisiwe & Mawaka • Kwa-Zulu Natal
Xaba, Sinenhlanhla & Eric • Kwa-Zulu Natal
Zuma, Londeka • Kwa-Zulu Natal
Bhengu, Silindile • Kwa-Zulu Natal
Tosi, France & Pheladi • Limpopo
Mahlobo, Wandile • Mpumalanga
Mnisi, Goodness & Bheki • Mpumalanga
Nkosi, Precious • Mpumalanga
Skhosana, Abigail & Makola, Aubrey • Mpumalanga
Skosana, Malebo & Oupa • Mpumalanga
Rampaul, Veronica • North West
Palmer, Nicholas • Western Cape

MOZAMBIQUE

Maoze, Maria & Cuinica, Sebastiao
Zucula, Celeste

NAMIBIA

Amadhi, Dhila
Amupanda, Sakarias
Amutenya Justina
Amutenya, Hilma
Haludilu, Johanna & Erastus
Kristofina, Elifas & Leopoldt, Michael
Kudhigililwa, Moses & Josephene
Nampila, Alina & Otto, Pertus
Nghilifavali, Natangwe
Nghipunja, Helena & David, Joseph

SWAZILAND

Mahlalela, Sipiwe

ZAMBIA

Chelu, Bwalya & Mwiinga, Pherry
Chinunda, Martin & Nomsa
Mumba, Sakala & Chrispin
Mwanamuyumu, Kelvin & Kaputo, Mary

ZIMBABWE

Charlie, Butsilo & Bvekerwa, Tafadzwa
Chikoti, Sylvia
Mandizera, Tracey
Meikle, Candice
Nhira, Isabel
Phiri, Nyaradzai & Maxwell

This is a group of TOP
ACHIEVERS and LEADERS
in the business in Southern
Africa.



BE PART OF THE ELITE

100 Club

This incentive is based on Personal and Non-Manager case credits and, for your efforts as Teambuilders, you will receive the following:-

Level 1



These Distributors will receive a **GOLD “100 CLUB” PIN**

100 PERSONAL AND NON-MANAGER CASE CREDITS FOR **3 CONSECUTIVE MONTHS**

Level 2

These Distributors will receive a **WEEKEND AWAY** at a selected resort

100 PERSONAL AND NON-MANAGER CASE CREDITS FOR **6 CONSECUTIVE MONTHS**

Level 3

These Distributors will receive a **WEEK AWAY** at a selected resort

100 PERSONAL AND NON-MANAGER CASE CREDITS FOR **12 CONSECUTIVE MONTHS**



Joining the “100 Club” should be the ambition of every Manager. It shows that you are in “building mode” and not “cruising mode”. It also means that you will soon be achieving your dreams and goals.

Achieve your goals, live your dreams ...

Earned Incentive

Become an Incentive Earner ...

Join many of our Distributors who have benefited from our EARNED INCENTIVE BONUS! This INCENTIVE BONUS gives you the freedom and financial confidence to improve your lifestyle, for example purchasing a NEW HOME, a CAR or for EDUCATION.

AUGUST 2014



LEVEL 2 - R5 700 pm
Hilda Nomvete
KWA-ZULU NATAL



LEVEL 1 - R3 800 pm
Patience Selela &
Daniel Rasebotsa
GAUTENG



LEVEL 1 - R3 800 pm
Dikeledi & Patrick Mabasa
GAUTENG



LEVEL 1 - R3 800 pm
Grace & Brian Kanyongo
GAUTENG



LEVEL 1 - R3 800 pm
Mbali Ntoza
KZN



LEVEL 1 - R3 800 pm
Sandra Macamo &
Antonio Machaieie
MOZAMBIQUE

Earn an additional R3 800 - R7 600 per month for 36 months (refer to Company Policy)
What do you want ? • a car • education • a house • you choose!

TOP 10 TEN

AUGUST 2014

DISTRIBUTORS

'Total case credits for you and your entire team for the year to date'

SOUTH AFRICA

1	Phanga, Eric & Thelem	1
2	Biyela, Thabani & Nombuso	2
3	Mbatha, Gabisile & Bhekisisa	3
4	Du Preez, Sue & Peet	6
5	Mlangeni, Nombuso	5
6	Masondo, Siyabonga	4
7	Gininda, Thandi	7
8	Dube, Thulani & Bongekile	8
9	Nomvete, Hilda	9
10	Cebekhulu, Mandlakayise & Mavis	10

NAMIBIA

1	Ndoroma, Anna & Karl	1
2	Shilunga, Kornelia & Orestus	2
3	Shikongo, Regina & Jason	3
4	Kandjeke, Wilbard & Itamalo, Saride	4
5	Shindodi, Ulania & Melele, Joel	5
6	Shimbulu, Rosalia & Shiimi, Linus	6
7	Kathingo, Rauha & Sebron	7
8	Tshivute, Blasius & Eunice	8
9	Shikesho, Aune	NE
10	Amutenya, Mwenyo & Fredrika	10

TEAM BUILDERS

'Your Personal and Non-Manager case credits for the month'

SOUTH AFRICA

1	Mbatha, Gabisile & Bhekisisa	1
2	Kanyongo, Grace & Brian	NE
3	Mabasa, Dikeledi & Patrick	ME
4	Selala, Patience & Rasebotsa, Daniel	8
5	Ntoza, Mbali	6
6	Macamo, Sandra & Machaieie, Antonio	4
7	Jansen, Christoffal & Christine	NE
8	Steyn, Gretchen & Leon	NE
9	Unchai, Ana & Bartolomeu	NE
10	Tsotetsi, Dikeledi & Qheku	NE

NAMIBIA

1	Shikesho, Aune	NE
2	Angula, Rosalia	NE
3	Tshivute, Blasius & Eunice	NE
4	Mushona, Esther & Nghilinganye, Fredrick	NE
5	Hitoto, Ndelipewa	NE
6	Shimbulu, Rosalia & Shiimi, Linus	9
7	Shikongo, Regina & Jason	10
8	lipinge, Renate	4
9	Ndoroma, Anna & Karl	8
10	Lukas, Jacobina	NE

RECRUITERS

Most New Distributors recruited

SOUTH AFRICA

1	Fakudze, Sandile & Thabisile	NE
2	Steyn, Octavian	NE
3	Mosoma, Rebone & James	NE
4	Mogajane, Thelma & Makoeng, Tshose	NE
5	Ntlhane, Mme	NE
6	Mabasa, Dikeledi & Patrick	NE
7	Machaieie, Soares & Lurdes	NE
8	Mashao, Adelaide	NE
9	Sibanda, Nokuthaba	NE
10	Kgaswane, Rachel	NE

NAMIBIA

1	Ndengu, Alina	NE
2	Munashimwe, Cathreen	NE
3	Shindodi, Ulania & Melele, Joel	NE
4	Uutsi, Paulus	NE
5	Josua, Sara & Tiophelus	NE
6	Ashipala, Martha	NE
7	Mushiki, Victoria	NE
8	Emvula, Ester & Wilfried	NE
9	Kanyeumbo, Rosalia	NE
10	Illoga, Loide	NE

NE = New Entry () = position held in previous month

TOP 10 TEN

AUGUST 2014

DISTRIBUTORS

'Total case credits for you and your entire team for the year to date'

ZAMBIA

1	Damaseke, Mildred & Mlotha	1
2	Tembo, Tasila & Kantenga, Henry	2
3	Sichula, Philimon & Mugamya, Patricia	3
4	Chinyama, Caroline & Ngombe, Masauso	4
5	Sunkutu, Wezi	5
6	Serra, Elizabeth & John	6
7	Mwimanzi, Thomax & Helena	7
8	Sanderson, Eva & Murray	8
9	Muchemwa, Violet & Albert	9
10	Sobongo, Catherine & Sekwele, Marcus	10

ZIMBABWE

1	Gumbo, Tsungai & Paradzai	1
2	Rich, Elaine & Roland	2
3	Dube, Kudakwashe & Bekithemba	3
4	Matondo, Zivai & Tafara	4
5	Dari, Shorai & Junica	5
6	Gumbo, Sehlile	6
7	Machakaire, Sawman & Akullo, Mary	8
8	Nyakuvambwa, Barbara & Batsirai	7
9	Ndirangu, Dionisa & Kabare	9
10	Schuil, Kathryn & Michael	NE

TEAM BUILDERS

'Your Personal and Non-Manager case credits for the month'

ZAMBIA

1	Damaseke, Mildred & Mlotha	1
2	Tembo, Tasila & Kantenga, Henry	6
3	Sunkutu, Wezi	2
4	Sobongo, Catherine & Sekwele, Marcus	10
5	Sanderson, Eva & Murray	4
6	Ngungu, Assarh & Tshili, Sitembinkosi	7
7	Muchemwa, Violet & Albert	9
8	Serra, Elizabeth & John	3
9	Chinyama, Caroline & Ngombe, Masauso	NE
10	Muhau, Charles & Lubinda, Victoria	NE

ZIMBABWE

1	Gumbo, Tsungai & Paradzai	1
2	Gomes, Dolores & Mario	3
3	Tapfumaneyi, Beatrice & Alexander	9
4	Ndirangu, Dionisa & Kabare	5
5	Murombwi, Edmore & Hope	4
6	Ponter, Daniella	NE
7	Pazvakavambwa, Betty & Simon	NE
8	Dari, Shorai & Junica	7
9	Machakaire, Sawman & Akullo, Mary	6
10	Rich, Elaine & Roland	NE

RECRUITERS

Most New Distributors recruited

ZAMBIA

1	Damaseke, Mildred & Mlotha	NE
2	Sobongo, Catherine & Sekwele, Marcus	NE
3	Phiri, Sylvia	NE
4	Zulu, Charity & Tshintu, Nicholas	NE
5	Malama, Jean & Thomas	NE
6	Banda, Joseph & Chimenge, Joyce	NE
7	Mutanfya, Garvin & Kapata, Elizabeth	NE
8	Phiri, Ncube & Ian	NE
9	Simamba, Gibson	NE
10	Mukali, Queen & Phiri, Nicholas	NE

ZIMBABWE

1	Muza, Jessie	NE
2	Charlie, Butsilo & Bvekerwa, Tafadzwa	NE
3	Chikoti, Sylvia	NE
4	Chabayanara, Betty	NE
5	Kunaka, Farai & Ideas	NE
6	Breakfast, Veronica & Lemuel	NE
7	Musundire, Sinikiwe & Justice	NE
8	Chivende, Ruka & Theresa	NE
9	Ndhlovu, Nhlanhla & Matiwaza, George	NE
10	Muzvazva, Godserve & Mumba, Philda	NE

NE = New Entry () = position held in previous month

Forever Changing Lives



**Tsungai and Paradzai Gumbo
(Soaring Managers & Top
Distributors - Zimbabwe)**

This is our Story ...

Life before Forever

Before Forever I worked as a Human Resources and Administration Manager and my husband as an Engineer. We had worked very hard in our professions in search of a better lifestyle but it didn't happen. For 15 years, I worked for several companies looking for better salaries and working conditions but all in vain. My husband started a company of his own in construction so that he could be his own boss and hopefully change our lives, again life remained the same because of administrative headaches that come with traditional businesses.

Life after Forever

Like many people, when I heard about the Forever Business Opportunity, I didn't believe in it because we had lost a lot of money in buying and selling businesses, so we were not interested to continue losing money in other ventures. When we eventually made a decision to start the business after being pushed into it by our sponsor, Mrs. Kudakwashe Dube, we wanted it to be a success. Failure was never an option because we wanted to change our lives for the better.

We started our Forever business on the 24th of August 2010, part-time alongside our professions and other commitments and we became Managers in December 2010. Since then, we have never looked back and our lives have never been the same. I quit formal employment 5 months after moving to Manager to do the business on a full-time basis because I had seen the potential in Forever. In August 2012 we became Soaring Managers and we are currently Top Distributors in Zimbabwe since July 2012. In the same year, we qualified for our first Chairman's Bonus cheque.

Lifestyle and Freedom

We have changed our lives in just 4 years by doing the Forever business. This is more than we have done in over 30 years that we worked combined. Our first overseas trip to Hawaii in April 2013 was all because of Forever. We then travelled to Sardinia, Italy and London in April 2014,

all at the expense of Forever. We have managed to purchase properties in low density areas from the money that we generate from our Forever business. We also managed to buy ourselves a brand new car from the money that we get from our Business. We can afford private education for our children and our family's future is very secure because of our Forever Business.

Making a difference

Besides the lifestyle that we have enjoyed because of this Business, we are grateful for the Forever Opportunity because we have been able to make a difference in so many people's lives financially and health wise. We have touched so many people as we share our experiences with them and by showing them how they too can change their lives through the Forever Opportunity.



Gratitude

We would like to thank Rex Maughan for being so selfless and bringing this Opportunity to Southern Africa and to Zimbabwe in particular because the Forever Business Opportunity has changed so many people's lives in our country. It has given a lot of people hope, and for that, we are so grateful too. A big thank you to Rick and Eve Beeton for the support they give us, as well as the entire staff at the Zimbabwe Product Centre.

We also appreciate our sponsors for their patience and for not giving up on us as we said "no" to the Business. We would also like to thank our Team of Champions that we work with and would like to encourage them to work hard in their Forever Business, as they focus on their dreams but also bearing in mind that success does not come easy.



SUCCESS TIPS

- **Decide to change your life today. The choices you make today, affect your tomorrow**
- **Dream big and work hard to achieve your dreams**
- **Discipline yourself to plan and work on your Business every day**
- **Stay away from negative people and be positive always by reading and listening to motivational materials**
- **Look for relevant information and develop yourself**
- **Love your Team Members and develop them**
- **Persevere and never, ever, give up on your goals**

A close-up photograph of a young Black couple. The woman on the left is wearing a blue and white patterned headscarf and is smiling while looking at a laptop. The man on the right is also smiling and looking at the laptop. The background is bright and out of focus.

Forever's resident expert on everything social media, Ronald Kafesu, explains the basics of Pinterest.

Pinteresting stuff

Pinterest is like any other social media platform, in that you can follow individuals and share your likes and ideas with your followers. But it has its own unique twist.

Usually, when you see something you like online and want to remember or record it, what do you do? Email it to yourself? Print it out and put it in a binder? Bookmark it on your computer? Like an online

dream board, Pinterest provides a simple way to collect all of the great things you find online, from clothes and recipes, gift ideas, inspirational news articles, exercises, and business ideas – anything you like – all in one convenient place. You can 'pin' things online, just as you would pin them on a real life notice board. Plus, you can follow friends on Pinterest and 'repin' things that they have already pinned, or browse a live feed of items that are being pinned by other people when you're searching for inspiration.

Getting started

1. Sign up for a Pinterest account



Once you're all signed up, the next thing you'll need is the 'Pin It' button installed in your browser toolbar. This magic little button allows you to pin things online.

Installing the button is very easy. When you're in your account, look to the upper righthand corner and hover above 'About', then click on 'Pin It' button and follow the directions to drag the button into your toolbar. Or instead of using the 'Pin It' button, you can copy and paste links from sites you like, and it will search for photos from that page, which you can then pin. You can also upload photos from your computer by using a URL link and also YouTube videos.

2. What should I pin?



The great thing about Pinterest is that you can pin anything you want! Everyone uses it for different things, from sharing photos you've taken at Forever events, to saving articles that you want to reference later.

Basically, Pinterest can easily be whatever you want it to be. As you start pinning, you can create 'boards' that categorise your pins; this makes it easy for you to find later. Pinterest suggests some pins to get you started, but usually you'll want to create your own to fit in with your own interests or your business. It takes a while to get the hang of creating boards; they need to be the perfect combination of general and specific. The more you pin, the better your boards will become and the better your account will look.

Don't forget about the 'Repin' function on Pinterest.



Once you've started to follow people, you will have a customised feed where you can see all of the things that they're pinning too. If you see a pin you love that's been posted by someone you are following, all you have to do is hover over that pin in the feed and click on the 'Repin' button to add it to one of your boards.

TOP FACTS

1 Pinterest is the third most popular social network and the fastest to hit the 10 million visitors mark

2 Shoppers referred to a site from Pinterest are 10% more likely to buy

3 Pinterest referrals spend 70% more money than visitors referred from non-social channels

4 Call-to-action pins increase Pinterest engagement by 80%

5 80% of Pinterest users are women, while 50% of all Pinterest users have children

6 Pins which include prices receive 36% more likes than those which do not

7 Pinterest drives more revenue per click for eCommerce sites than Facebook or Twitter

Jargon buster

Pins // Pins are like little bookmarks. Whenever you find something on the web that you want to keep, add it to Pinterest. Your newly minted Pin will be here whenever you need it, and will always link back to the site it came from.

Boards // Boards are where you organise your Pins, and you get to decide what they're all about. Set up group boards to share ideas and plan stuff with your friends. You can even make a secret board – perfect for gift ideas or other things you want to keep private.

Following // Follow people and boards to get their latest Pins delivered to your home feed. You can follow all of someone's boards, or just the ones you like best.

Home feed // Your home feed is where you'll find all sorts of new and inspiring things to add to your own boards. As people pin new items they will appear in your home feed.

"Pin It" Button // You can quickly pin things you find around the web by adding this handy, one-click button to your browser.

Pinterest top tips



Always upload a profile picture

Your picture is your brand!



Name your boards and Pins appropriately

This way people can find your boards and Pins through Pinterest search



Paint a picture of your network marketing business

and all it has to offer using boards (Chairman's Bonus cheques, events, incentives etc).



Make sure you add a link to product Pins

Make it easy for people to visit your retail shop when they see something they like



Create boards that highlight your best selling products



Remember to keep your Pins diverse

Don't just promote your products and business



Bundle your social media

Nothing goes better with social media than other social media. If you don't have your Twitter connected to your Facebook and vice versa, you're doing it wrong. Cross-promote everything by linking up your Twitter and Facebook accounts with Pinterest



Update regularly

If you neglect your account, people will soon lose interest. Pinterest is probably the simplest social media platform to use and keep up-to-date, so make the most of it!

Join the Forever online community, follow us on Pinterest...

Many thanks to FLP UK for putting this detailed information together.

ACHIEVER'S

CLUB SOUTHERN AFRICA

100 CASE CREDITS AND ABOVE

AUGUST 2014

This is a total of Personal and Non-Manager case credits that an individual has achieved for the month.

SOUTH AFRICA

- 1 Mbatha, Gabisile & Bhekisisa (6)
- 2 Kanyongo, Grace & Brian (2)
- 3 Mabasa, Dikeledi & Patrick (2)
- 4 Selala, Patience & Rasebotsa, Daniel (2)
- 5 Ntoza, Mbali (2)
- 6 Macamo, Sandra & Machaieie, Antonio (2)
- 7 Jansen, Christoffal & Christine (4)
- 8 Steyn, Gretchen & Leon (1)
- 9 Unchai, Ana & Bartolomeu (1)
- 10 Tsotetsi, Dikeledi & Qheku (1)
- 11 Sibeko, Siphiwe & Mihloti (4)
- 12 Berry, Nompandolo & Johannes (1)
- 13 Ncube, Performance (1)

Where
will it
take you?

NAMIBIA

- 1 Shikesho, Aune (1)

ZAMBIA

- 1 Damaseke, Mildred & Mlotha (7)

ZIMBABWE

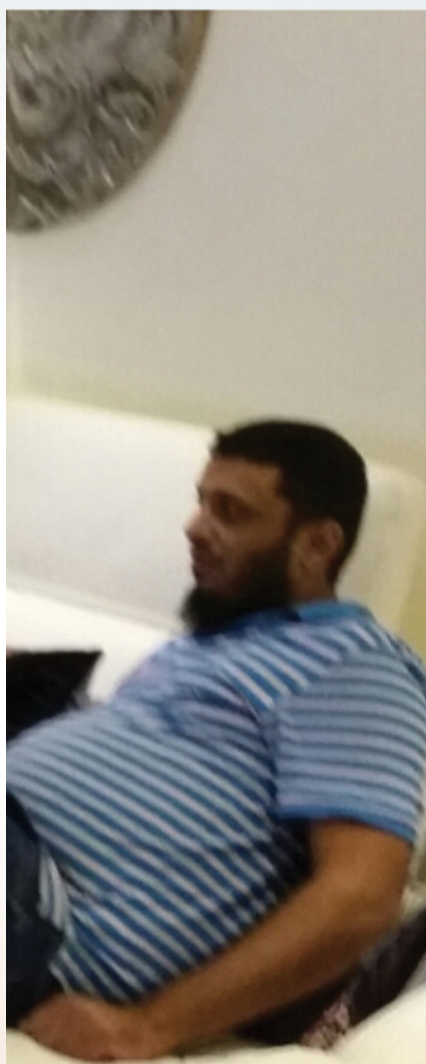
- 1 Gumbo, Tsungai & Paradzai (2)

The number in brackets indicates how many times these Distributors have appeared in the 100cc ACHIEVERS CLUB IN 2014

Clean 9

Detox-Weight Management Programme

By Aleem Chhaya, Manager



Before starting Clean 9
94 kg



After Clean 9
86.5 kg



After 1 Month
83kg

My name is Aleem Chhaya. My wife and I joined Forever Living Products in November 2013. Since we joined the business, I was keen to try the FOREVER CLEAN 9 DETOX AND WEIGHT MANAGEMENT PROGRAMME, because I was over-weight with a big tummy. A little about myself is "I am a lover of good food, baking is my favourite and I cannot resist desserts and sweet treats."

Finally I made up my mind in April 2014 to start Clean 9.

16 April 2014 - Day 1 :

Total weight 94 KG . I started my Day 1, as instructed on the Clean 9 programme. As the day passed, I was becoming very tired, had very low energy levels and it was becoming tough for me, but I kept myself strict to the plan and drank a lot of water, finally making it through Day 1.

17 April 2014 – Day 2:

I was really not looking forward to Day 2 because I had to follow the same plan, no food and I was quite confused how my day would go. To my surprise, my day was quite good. Energy levels increased to some extent and I kept myself religiously strict to the Detox plan. I was really looking forward to Day 3 when I could have some food.

18-24 April 2014 – Day 3-9:

I started my day as suggested on the programme with weighing myself. As I climbed on the scale, I saw quite surprisingly I had lost 5KG as the scale was showing 89KG. Wow! It was a happy moment for me. I was very surprised, I was happy and I had a lot of energy, I was feeling very great and I was definitely looking forward to my first 600 calorie meal after 2 days.

By this time my family and work colleagues had already started noticing some differences in me and they were keen to know what I was actually doing. They were all asking me about it and I told them to wait until the final day.

I carried on until Day 9 with the programme and followed the plan strictly. I was looking forward to Day 9 because I was actually feeling and seeing some good changes in me. As Day 9 arrived, I weighed myself and, to my surprise, I weighed 86.5 Kg. That meant that I had lost 7.5 Kg in 9 days.

Postive Lifestyle Changes

This was really an amazing start to my healthy way of life and I must say I really enjoyed doing Clean 9; I was very happy, full of energy. Clean 9 has positively impacted my lifestyle; I have become very conscious about my health and eating habits.

11 kg Total weight loss

I carried on with Aloe Vera Gel, Forever Garcinia Plus, Forever Lean and Shakes daily and in 1 month I lost a total of 11 KG.

My family, friends and work colleagues were amazed to see a huge difference in me; they were all quite surprised that Forever Clean 9 could really make a huge difference in me.

I and my wife are very happy, Clean 9 has brought drastic changes in our business as well, because people could see what I was and what I have become. All of our family and friends have become our customers.

**Thank You Forever Living for making
a huge difference in my life.**

CLEAN 9™ is a nine-day program that is designed to cleanse your body as well as start to burn your excess fat. After you have jump-started your body with CLEAN 9, FOREVER NUTRI-LEAN™ will guide you down the path to weight maintenance and fitness habits that will last for the rest of your life.



Clean 9 - Step 1

216 | Vanilla Ultra w. Aminotein

The first step to a clean body is to cleanse and support your digestive system. Clean 9 provides you with the necessary tools to cleanse your body and put you on the path to a healthier you. Clean 9 includes Forever Aloe Vera Gel™ (3), Forever Lite Ultra™ with Aminotein™ †† (1), Forever Garcinia Plus™ (1), Forever Bee Pollen™ (1), a shaker, tape measure and Instruction Booklet.

(Contents subject to change.)


† Aminotein™ and Aminogen™ are registered trademarks of Triarco Industries, Aminogen™ is protected by U.S. patent No. 5,387,422.

Remember, always consult your doctor before starting this or any other diet or exercise program. Not all exercises are suitable for everyone. The results mentioned are not typical and are specific only to the featured participants.

This product has not been clinically tested to support these results.

The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.

No Excuses to get in Shape this Summer

A man and a woman are running outdoors at sunset. The woman is in the foreground, wearing a blue tank top and a pink headband. The man is running slightly behind her, wearing a blue tank top. They are both looking forward with determination. The background shows a city skyline with buildings silhouetted against the bright orange and yellow sky of a setting or rising sun.

Nobody wants to hear it, but the best way of maintaining a healthy weight and improving fitness is to exercise regularly. The NHS recommends that adults aged between 19 and 64 should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity each week, such as cycling or fast walking. This may sound like a lot, but if you break it down, that's just 30 minutes of activity, five days a week. It's also recommended that we carry out muscle strengthening

exercise at least twice a week. This should include all major muscle groups: the legs, hips, back, abdomen, chest, shoulders and arms. So, is it possible to fit all of this recommended activity into a busy schedule? Realistically, perhaps not every week. But there are steps you can take to squeeze as much exercise as you can into your day, meaning you are less likely to be squeezing into your swimwear come holiday time.

If the thought of donning your beachwear fills you with dread, it's time to take action and get the summer body you've always wanted. A few small adjustments to your routine can make a whole lot of difference to how you look and feel – so no excuses, let's get started!



Get Moving at Work

Don't write off the working day. Take a walk at lunch (or even a run if your office has shower facilities), or if you live close enough, try walking or cycling to work. Get off the bus a stop early and walk the rest of the way, and take the stairs instead of the lift. It may sound insignificant, but a few minutes of activity here and there will all count towards your daily 30 minutes.



Hit the Gym

Joining a gym can be pricey, but it is worth looking into if you're serious about ditching the flab. Health centres and gyms employ expert personal trainers who will be able to advise you on the types of exercise you should be doing in order to get the results you want – and help you with that all-important muscle-building routine. Get the most from your workout by introducing a sports drink such as **ARGI+™ (#320)**, which contains L-Arginine and vitamins, and helps to top up energy stores.

You are what you Eat

There is no point putting in all of this effort to exercise if you're going to stuff your face with pizza and ice-cream. To maintain a healthy weight, the recommended calorie intake for a woman is 2,000 calories and 2,500 calories for a man. If you're trying to lose weight, you will need to consume no more than 1,900kcal a day as a man, and 1,400kcal for most women. With regular

exercise, this should help you to lose weight at a safe rate of 0.5kg to 1kg (1lb to 2lb) each week, according to the NHS Weight Loss Plan. If you're struggling to cut your calorie intake, try replacing one of your meals with a nutritionally-balanced shake, like **Forever Lite Ultra with Aminotein (Vanilla #324)**.

A Helping Hand

If you are looking for something to kickstart your weight loss regime, consider a nutritional cleansing programme like the **Clean 9 (#216)**. This nine day plan allows you to cleanse your body and put it on the path towards a healthier you. Alternatively, you could incorporate a weight management supplement into your diet, such as **Forever Garcinia Plus (#071)**, or **Forever Lean (#289)**, which contains valuable fibre and proteins, vital in any well-balanced diet. If you're nervous about getting your



beachwear on because of unsightly cellulite, try a cellophane wrap like the **Aloe Body Toning Kit (#055)**. Designed to tone, trim and tighten the skin, whilst minimising the look of cellulite, it's a great quick-fix before you hit the beach.



Enriching Lives.



“Being an Eagle Manager means you’re helping more people and you’ll earn more money. Make Eagle Manager your big dream.” **Gregg Maughan**



CANCUN
2015 EAGLE
MANAGERS
RETREAT

www.discoverforever.com



FOREVER

Since the launch of the Eagle Manager Incentive, thousands of Distributorships from across the world have achieved this incentive, taking their businesses to the next level and are receiving bigger monthly bonus cheques as a direct result.

With such vast amounts of Distributors already achieving this incentive across the globe, this is a clear testament to:

- A The importance of the programme
- B The idea that it is achievable if you put your mind to it.

This incentive emerged from the Home Office in Scottsdale, Arizona providing a fresh approach to pushing a Distributor's business beyond the level of Manager into the far reaches of Chairman's Bonus, Earned Incentives and other generous incentives developed by the company.

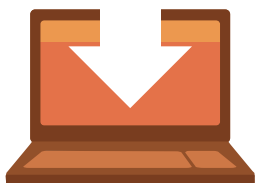
CANCUN

There are so many things to do in Cancun, that a vacation here truly offers something for everyone!

Cancun is situated on the south-east coast of Mexico in the state of Quintana Roo in the Yucatan Peninsula. Warm white powdery sand beaches and turquoise crystal clear waters together with the famous Mexican hospitality make this a place like no other!

Watersports, Adventure, Restaurants, Mayan Culture, Spas, Golf, Shopping and much more to delight each holiday maker!





NEW - QUICK DOWNLOADS

available on the Forever Living Website

The screenshot shows the Forever Living website interface. On the left, there are banners for 'Next Goal' (Assistant Supervisor goal), 'Global Rally Qualification' (Singapore 2015), and 'Useful Links'. In the center, there's a 'MAKE-UP SALE' banner for Sonya, a 'SINGAPORE 2015' banner, and a 'FOREVER SOUTHERN AFRICA MAGAZINE' banner. On the right, the 'Quick Downloads' section lists items like Company Policy Book, Product Catalogue, Customer Price List, and Distributor Price List. A hand icon points to this section.



www.foreverliving.com
(check that the location says **South Africa**).

Click on the tab that says **DISTRIBUTOR LOGIN** and login.

The New Quick Downloads section is located on the right hand side panel.

Now you can download the latest Price Lists and Forms by clicking on any of the names on the list.

Download a copy of the latest Forever Southern Africa Magazine by clicking on the image.

Price Increase for South Africa & Namibia

Effective 1 October 2014

(Exchanged Rate was R9,50/\$ - Now R10,50/\$)

Make sure you have the latest Price Lists!

South Africa -Version 2.6

Namibia - Version 2.4



South Africa -Version 2.6

Namibia - Version 2.1



	Customer	New Distributor	Distributor
South Africa	Code:1204	Code:1209	Code: 1203
Namibia	Code:1215	Code:1214	Code:1213

South Africa	Code:1212
Namibia	Code:1228

FOREVER GEAR



6043: Red Flag Lounge Shirts (Slim Fit) - Ladies

6043: Red Flag Lounge Shirts - Mens



Code 6105: Fleece Jacket



Other Forever Gear Items Available

Code 1208: Forever Conference Bag

Code 6028: Forever Tie

Code 1211: Forever Sports Bag

Code 7002: Forever Windscreen Shield

Upgrade Your Marketing Plan X-Banner to the latest Incentive Figures



1503



1503

#1503 X Banner & Frame	R 1341.07	N\$ 1341.04
	ZMK 790.10	\$ 154.80

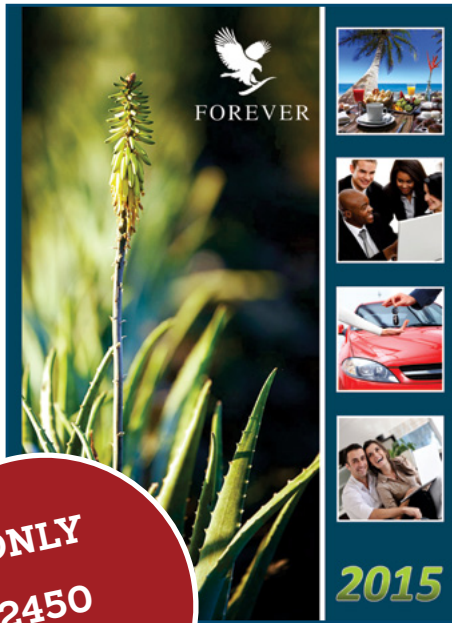
#1538 Banner Only	R 350.03	N\$ 350.09
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South Africa and Namibia Only

Marketing Plan Banner Size (1800mm x 800mm)

These Banners have a lightweight aluminium X-frame which is easy to assemble. A protective bag is supplied, for easy carrying.

NEW - AVAILABLE SOON



ONLY
2450
AVAILABLE

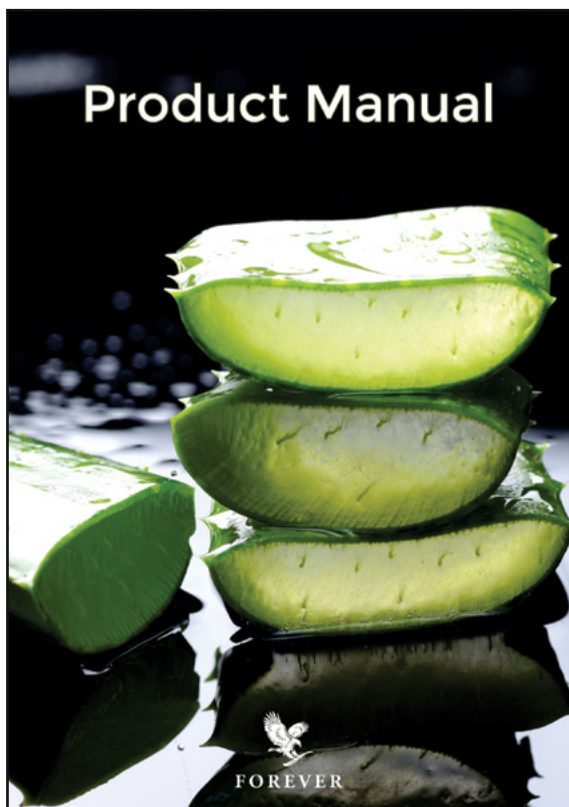
Code: 1207

2015 Forever Diary

R 150,00

2015 Forever Diary

Includes One on One
Business Presentation + DVD



Product Manual

Code: 1133

ONE ON ONE - IN ZULU



Includes :- One on One Book, Business Presentation DVD and
Global Rally Magazine

IT TRAINING by Stefan Kiefer



How to download your Bonus Recap

Facebook Marketing

Online Ordering

Every
Saturday
at 11:30
Longmeadow
Product
Centre

Contact Stefan Kiefer for more information 082 569 1243

SOUTHERN AFRICA SUCCESS DAY DATES

Please confirm venues and dates with relevant Product Centres

	CAPE TOWN	* JOHANNESBURG	PRETORIA	NELSPRUIT	DURBAN	ZIMBABWE	ZAMBIA	NAMIBIA
OCTOBER	18	25	18	18	18	18	25	25
NOVEMBER	22	22	22	22	22	15	22	22
DECEMBER	TBC	20	20	20	TBC	13	20	20

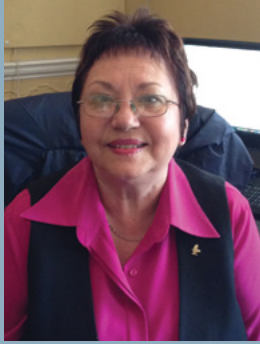
* Sales of Johannesburg Success Day tickets only available at the Longmeadow Product Centre. TICKETS WILL NOT BE SOLD AT THE VENUE



TRAINING DATES

Please confirm venues and dates with relevant Product Centres

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CAPE TOWN		7:00 pm				
JOHANNESBURG	10:30 am	10:30 am	10:30 am	10:30 am	10:30 am	
	EXCEPT LAST WEEK OF THE MONTH					
			7:00 pm			
DURBAN			10:00 am - 12 noon			
			6:00 pm - 7:00 pm			
NAMIBIA						2 pm
NELSPRUIT	BY APPOINTMENT DURING THE DAY					
LESOTHO			5:30 pm - 6:30 pm			
MOZAMBIQUE	Office Manager from Nelspruit travels to Maputo once a month to hold meetings - please confirm with Nelspruit Product Centre					
ZAMBIA				11 am - 12:30 pm	2:00 pm - 3:30 pm	
ZIMBABWE	10 am - 12 noon		10 am - 12 noon	10 am - 12 noon		



Margaret Ross
Operations
Manager

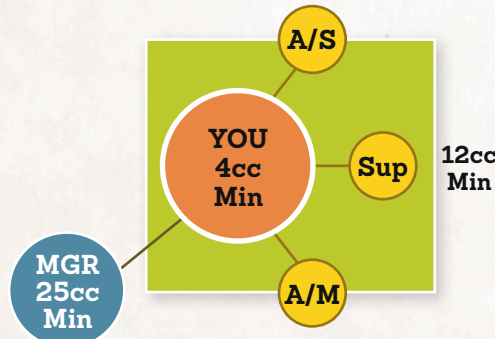
Manager and Beyond

5. Leadership Bonus (L.B.)

- 5.1 After a Distributor becomes a Recognized Manager, that person should support their various downlines with the intent of helping them achieve success as an FLP Distributor.
- 5.2 A Leadership Bonus can be paid at the following rates to Recognized Managers who have downline Managers:
 - 6% Bonus paid on all 1st Generation Managers and their group orders.
 - 3% Bonus paid on all 2nd Generation Managers and their group orders.
 - 2% Bonus paid on all 3rd Generation Managers and their group orders.

Managers are also allocated case credits based on the accredited sales of their downline Manager's groups, as follows:

- 40% of total case credits of first-generation Managers and their groups.
 - 20% of total case credits of second-generation Managers and their groups.
 - 10% of total case credits of third-generation Managers and their groups.
- 5.2.1 The Leadership Bonus and Leadership Case Credits (40%-20%-10%) of a Manager who does not qualify for Leadership Bonus will be proportionately distributed to the upline Leadership Bonus Qualified Managers.



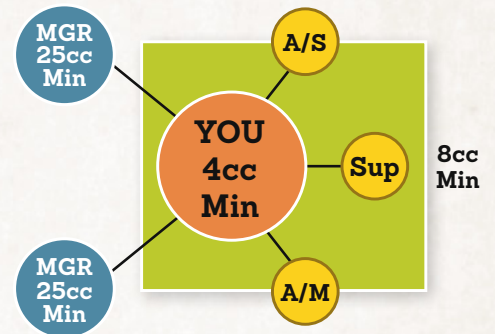
- 5.3 An Active Recognized Manager becomes a Leadership Manager once they have developed a downline Manager, and may qualify to receive their Leadership Bonus if they have Accredited Sales of 12 or more personal and "Non-Manager" case credits per month. "Non-Manager" case credits are those that do not pass through a Manager (Active or Inactive).

An Active Recognized Manager can reduce the monthly requirement from 12 case credits to 8 case credits, by having two separate downlines with Active Recognized Managers who have Accredited Sales of at least 25 or more case credits per month, as reflected on each downline Manager's recap from the previous month.

In addition, an Active Recognized Manager can reduce the 12 case credits to 4 case credits per month by having three separate downlines with Active Recognized Managers who have Accredited Sales of at least 25 or more case credits per month, as reflected on each downline Manager's recap from the previous month.

The 25cc of the downline Active Recognized Manager can be comprised of their own personal and non-Manager business and/or the 40%, 20% 10% of their downline groups.

- 5.4 Any Active Recognized Manager's downline, which has Accredited Sales of at least 25 or more case credits per month, as shown on the previous month's recap, will count towards the reduction in all upline Managers' minimum case credits of 12, 8 or 4 case credits.
- 5.5 When an Active Recognized Manager generates 12 personal and non-manager case credits, he/she qualifies for all corresponding Leadership Bonuses.
- 5.6 When an Active Recognized Manager has two separate downline Active Recognized Managers who have accredited sales of 25 case credits or more reflected on each downline manager's recap from the previous month, the personal and non-manager case credits will be reduced from 12 case credits to 8 case credits.



- 5.7 When an Active Recognized Manager has three separate downline Active Recognized Managers who have accredited sales of 25 case credits or more reflected on each downline manager's recap from the previous month, the personal and non-manager case credits will be reduced from 12 case credits to 4 case credits.



- 5.8 If a Recognized Manager is not Active for three consecutive months or more, he/she is not eligible for a Leadership Bonus. In order to start receiving a Leadership Bonus, he/she must be Active and have Accredited Sales of 12 or more Personal and Non-Manager case credits for three consecutive months prior to re-qualifying for a Leadership Bonus in the fourth month. These 12 case credits of Accredited Sales must occur in the country of residence.

"If you are ever unsure of the Company's Rules and Regulations or Policies, please refer to the Company Policy Booklet which is available at any of our product centres. or online at www.foreverliving.com"

YOUR HEALTH AND WEALTH MONTHLY MAGAZINE

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E-Mail Paul@forever.co.zw
Orders For Courier Paul
E-Mail orders@forever.co.zw



Forever Living Products South Africa

www.foreverliving.com
www.discoverforever.com

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Protect your Body with Forever



199

319

Please contact the Distributor below for more information:-

Please place your
Forever Business Card here

Aloe Sunscreen

With an SPF of 30, Aloe Sunscreen blocks both UVA and UVB rays, while this silky smooth lotion made with pure stabilised Aloe Vera Gel, rich moisturisers and humectants, maintains the skin's natural moisture balance.

Aloe Sunscreen Spray

Protecting your skin from the ageing and damaging effects of the sun has never been easier. Let the power of our new Aloe Sunscreen Spray with SPF 30, plus the added benefits of its very water resistant formula and the convenience of its spray application, do the work for you!

For more in-depth information please consult the **PRODUCT MANUAL** available from your product centre

The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure, or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.